



Executive Department
State of Idaho

The Office of the Governor
Proclamation

State Capitol
Boise

WHEREAS, in Idaho, twenty-five percent of the adult population has doctor-diagnosed arthritis and an additional twenty percent have chronic joint symptoms affecting more than 420,000 Idahoans and their families; and

WHEREAS, arthritis is the leading cause of disability in the United State for ages fifteen years and older; and

WHEREAS, national costs from arthritis, including direct and indirect costs, are over \$86 billion in the United States and \$362 million in Idaho; and

WHEREAS, people with arthritis in Idaho experience more days of poor mental health, poor physical health, and days of restricted activity per month than those without arthritis; and

WHEREAS, moderate exercise, such as walking, biking, and exercise programs developed for people with arthritis, offers a host of benefits to reduce joint pain and stiffness, build strong muscles around the joints, increase flexibility and endurance, weight management, and promote overall physical and mental health and fitness; and

WHEREAS, Idahoans can help themselves and take control by becoming informed about their arthritis, receive a proper diagnosis, find appropriate treatment, and learn arthritis self-management strategies to control their pain and limit disability to remain independent and continue to do the things they need and want to do;

NOW, THEREFORE, I, DIRK KEMPTHORNE, Governor of the State of Idaho, do hereby proclaim the month of May 2005, to be

ARTHRITIS AWARENESS MONTH

in Idaho, and I urge participation by all local governments, organizations and citizens in alerting Idahoans that with proper diagnosis, appropriate treatment, and effective management, arthritis can be controlled, and that people with arthritis can lead a full, active life.



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this twenty-fifth day of April in the year of our Lord two-thousand and five and of the Independence of the United States of America the two hundred twenty-ninth and of the Statehood of Idaho the one hundred fifteenth.

A handwritten signature of Dirk Kempthorne in black ink, written over a horizontal line.

DIRK KEMPTHORNE
GOVERNOR

A handwritten signature of Devin Isukua in black ink, written over a horizontal line.

DEVIN ISUKUA
SECRETARY OF STATE